

## Abstract

A therapeutic pillow combination includes first and second pillow inserts, wherein the inserts are interconnected using a pillow case having a two ends shaped to removably receive and retain each pillow through a closable end portion, wherein the  
5 ends are connected by a gathered and seamed portion which forms a handle therebetween. Another pillow insert is removably connected to the gathered handle portion by way of a strap portion having a hook and loop fastener which is connected to one end of a pillow case to contain the third pillow insert.